

# TRAMPOLINE NEWS No 27

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## EDITORIAL

John Beeton

Dear all

The months of June and July have been extremely busy times for our officials, coaches and gymnasts, with no less than three international competitions coming one after the other, with the National Championships held in between. June began with the European Championships in **Sofia BUL** (senior and Junior) with the Nissen Cup event being held in **Savignon SUI** some two weeks after the Nationals.

It is to the credit of both our gymnasts and their coaches, that Great Britain has produced such fine results in all international vents this year; and a special mention must be made here to the dedication of our youth team members, a number of whom combined competition at the highest level, with sitting their school examinations whilst in Sofia.

Results of various events can be found elsewhere in this edition of Trampoline News.

As we go to press, our Olympians **Kirsten** and **Gary** have arrived in **Barcelona ESP** at the Team GB training camp, along with the rest of the British gymnastic team, and I am certain that all members will join with me in wishing them every success on the 21<sup>st</sup> and 22<sup>nd</sup> August respectively.

I, myself depart for Athens on the 16<sup>th</sup> and if anyone would like to have a message of good luck passed on to Kirsten and Gary, then I would be pleased to do so on your behalf, as I will be meeting up with the GB team prior to their competition. You can either send your message by email (this address) or by card / letter to my home address.

The passing of **Paul Luxon**, to all of us, has been the saddest of times. Although suffering greatly, he made a very special effort to attend our National Championships early in July to see his son compete as a guest, and spent a great deal of time that day reminiscing with a number of friends.

Paul was truly a champion in all senses of the word. He will be sadly missed by all that knew him throughout the world of trampolining.

Our thoughts at this time are with his young family, and his beloved mother.

Our international program for the remainder of the year includes a visit to Sweden for our under 15 youth squad members, and if successful, this event will become an annual event. The 2004 / 2005 program is now almost complete and will be reported on in the next issue of Trampoline News.

In the meantime, have a lovely summer wherever you are. **Ed.**

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## COACHING

Cathy Page

**Tutor Accreditation:** the following are appointed Tutors at Coach level – **Bill McLoughlin** (London Region), **Michael Johnson** (North Region), **Jim Mathews** (NITA), **Kevin Redgrift** (East Midlands) accredited Examiner only. **Richard Ollerenshaw** and **Elaine Whyte** (formerly Rushby) accredited Examiners at Coach level. **Ricky Molyneux** accredited Tutor at Senior level.

**Tutor / Examiner Seminar:** to be held at **Loughborough** on 4/5 September. This meeting will examine the introduction of Assistant Coach and the syllabuses for the new National Coaching Certificate, as well as the updating of mechanics at Coach grade.

**Rig Module:** a two-hour module for the use of the rig in teaching somersaults, for those qualified at Coach level, is now available. It is important for those going on to Club Coach to become familiar with handling the rig *prior* to the Club Coach course.

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## Success in Switzerland

The Great Britain youth team members that traveled to **Savignon SUI** to compete in the youth section of the **NISSSEN CUP** took the event by storm, especially in the boy's competition by taking seven out of eight final places. They then went on to take 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> slots in the synchro event.

In the girls section, three of the girls made finals in the individual event, whilst the synchro pairs took silver and bronze places. A great result all round.

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# FIG CODE OF POINTS

## PROPOSED CHANGES 1 JAN 2005

The FIG TRA TC has made a number of proposed changes to the Code of Points, which will come into effect on 1<sup>st</sup> January 2005. These are:

### Trampoline:

**5.3 At World and Continental Championships, World Cups, Olympic Games and World Games** in addition to § 1.1 § 1.2 § 5.1.1 § 5.1.2 and § 5.1.3 further requirements must be fulfilled in the voluntary routines:

**5.3.1** the first routine in the Qualification Round includes elements (skills) with counting difficulty. The difficulty of these elements will be added to the Execution Score. The number of elements will be set by the TRA TC (re. § 5.1.2 special requirements).

**5.3.2** in the second routine none of the elements, already counted for difficulty in the first routine, can be repeated, otherwise the difficulty of those elements will not be considered for calculation (see 15.1).

**5.3.3** in Finals, any elements from the first and second routines may be repeated (as per § 1.2.1 and § 5.1.3).

### Requirements – Trampoline (new)

**Requirements for the 1<sup>st</sup> Routine of the Qualifying Round at World and Continental Championships, World Cups, Olympic Games and World Games:**

1. The routine consists of 10 different elements, each with a minimum of 270° somersault rotation.
2. Two (2) elements will have difficulty ratings. This difficulty will be added to the execution score to give the total score for the first routine. All skills of the routine have to be written down on the competition card and the placement of the two (2) skills counting for difficulty must be marked with an asterisk (\*).
3. None of these two (2) elements may be repeated in the second routine of the qualifying round, otherwise the difficulty will not be counted.

### Requirements – Trampoline (new)

**Requirements for the 1<sup>st</sup> Routine of the Qualifying Round at Youth Championships:**

The routine consists of 10 different elements, only one element allowed with less than a minimum of 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (\*) on the competition card. These requirements cannot be fulfilled by combining them into one element, but must be performed as separate elements.

1. one (1) element to front or back
2. one (1) element from front or back – in combination with requirement No 1
3. one (1) double front or back somersault with or without twist)
4. one (1) element with a minimum of 540° of twist

### Double-Mini Trampoline:

#### **18.1 Degree of Difficulty**

**18.1.6** in double and triple somersaults, the value of the element, including any twist, will be doubled.

### Tumbling:

#### **18.1\* Degree of Difficulty**

**18.1.1** only elements terminating on the feet will be evaluated

**18.1.2** cartwheels have no difficulty value

**18.1.3** each ½ twist (180°) (with exception in § 18.1.6.4) = 0.2 pts

**18.1.4** each somersault (360°) = 0.5 pts

**18.1.5** each 360° of front or side somersault rotation will receive a bonus of 0.1 points

**18.1.6\*** single somersaults or less:

**18.1.6.1** aerials, flic-flacs, round-offs and front hand-springs = 0.2 pts

**18.1.6.2** whipbacks (tempo somersaults) = 0.3 pts

**18.1.6.3** single somersaults done in the pike or straight position, without twist, will receive a bonus of 0.1 points

**18.1.6.4** in single somersaults with more than 1 twist (360°) the difficulty of the twist will be as follows:

Each ½ twist more than 1 twist (360°) = 0.3 pts

Each ½ twist more than 2 twists (720°) = 0.4 pts

Each ½ twist more than 3 twists (1080°) = 0.5 pts

Each ½ twist more than 4 twists (1440°) = 0.6 pts

### Repetitions

**15.5** somersaults will not be considered as repetitions if they are preceded by a different element.

## Tumbling and Double-Mini Trampoline:

### Landing deduction (new)

21.3.2.2 after landing, touching the track or landing zone / area with one or both hands = 0.2 pts

21.3.2.3 landing outside the outer lines of the track or landing zone = 0.4 pts

21.3.2.4 after landing, falling to the knees, hands & knees, front, back or seat on the track or landing area = 0.4 pts

21.3.2.5 assistance from a spotter after landing = 0.4 pts

21.3.2.6 after landing in the landing area, or on the track, leaving the landing area or track, or touching outside the landing area, or touching the floor with any part of the body = 0.5 points

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## DMT: double or nothing....

Nick Earle

The International rules for DMT are about to change. As from 1<sup>st</sup> January 2005, the difficulty of multiple somersaults will be doubled. This means, that a half-out (t) will increase in value from 1.1 to 2.2.

The main implication of this change will be, that competitors who are currently competing with one double somersault in their pass, for example Back s/s (p) or Rudy, Double back (p), will no longer be competitive against other competitors who are competing with two double somersaults in their pass.

As an example, consider a competitor who executes a *perfect* single somersault with zero deduction, whilst another competitor completes a double somersault with an *average* deduction of 0.3 (assume that the second skill remains consistent and receives a 0.3 deduction).

### Back s/s (t) / Half-out (p)

$(9.7 + 9.7 + 9.7) + (0.5 + 2.6) = 32.2$

### Double back s/s (t) / Half-out (p)

$(9.4 + 9.4 + 9.4) + (2.0 + 2.6) = 32.8$

### Rudy / Double back (p)

$(9.7 + 9.7 + 9.7) + (0.8 + 2.4) = 32.3$

### Half-out (t) / Double back (p)

$(9.4 + 9.4 + 9.4) + (2.2 + 2.4) = 32.8$

As you can see, even a very *average* double somersault gains significantly more points due to the increase in difficulty. In the past, difficulty has represented about 7% of the total score, but these new rules double this to around 14%. As a comparison, on trampoline, the difficulty represents around 25% of the total score.

So, now is the time to be working on those double somersault

mount and spotter skills. Since the half-out mount is initially difficult to learn, you could always consider using a half-out spotter instead. The double back spotter requires some close supervision to ensure that the gymnast continues to travel forward, rather than backward. However, providing you have already developed a good double back, the transition from trampoline is not particularly difficult.

With the **David Ward-Hunt Cup** in November 2004 and **World Championships / Age-Group Competitions** in September 2005, there is no time to lose.

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## EUROPEAN SUCCESS FOR GREAT BRITAIN TRAMPOLINISTS AND TUMBLERS

Another brilliant European Championship result for British Trampolinists and Tumblers, this time in Sofia BUL., following on from the St Petersburg successes in 2002.

The results speak for themselves and all gymnasts and their coaches are to be congratulated for the preparation that had obviously went into the training for these Championships. Well done all.

### RESULTS: YOUTH CHAMPIONSHIPS

#### TRA – Girls (53 entries)

04 Lauren ALLEN

06 Daniella PIETRUSZKA

#### TRA – Team (Girls)

02 GBR – Lauren Allen, Hannah Lewis, Daniella Pietruszka, Stacey Dann

#### TRA – Boys (41 entries)

07 Paul NOBLETT

#### TRA – Team (Boys)

02 GBR – Dominic Swaffer, Paul Noblett, Nick Joyce, Tom Lewis

#### DMT – Girls (22 entries)

07 Asha PHILIP

**DMT – Team (Girls)**

**04 GBR**

**DMT – Boys (19 entries)**

**03 Dominic SWAFFER**

**06 Andrew FREEMAN**

**DMT – Team (Boys)**

**03 GBR**

**TUM – Girls (21 entries)**

**01 Laura HOUSON**

**03 Zara McLEAN**

**TUM – Team (Girls)**

**02 GBR**

**TUM – Boys (29 entries)**

**03 Charlie BURROWS**

**TRA – Synchron (Girls) 20 entries**

**06 Hannah LEWIS / Daniella PIETRUSZKA**

**TRA – Synchron (Boys) 14 entries**

**07 Paul NOBLETT / Jem Camble**

**MEDALS:**

**01 x GOLD**

**03 x SILVER**

**04 x BRONZE**

**RESULTS: SENIOR CHAMPIONSHIPS**

**TRA – Women (39 entries)**

**03 Claire WRIGHT**

**05 Katherine DRISCOLL**

**30 Kirsten LAWTON**

**34 Aurora NECCO**

**TRA – Team (Women)**

**03 GBR**

**TRA – Men (57 entries)**

**14 Gary SMITH**

**17 Mark ALEXANDER**

**19 Simon MILNES**

**26 Gary SHORT**

**TRA – Team (Men)**

**03 GBR**

**DMT – Women (21 entries)**

**11 Kirsty WARD**

**14 Asha BAYLISS**

**DMT – Men (28 entries)**

**15 Philip DODSON**

**17 Toby EAGER**

**19 Mathew SWAFFER**

**26 Chris FORDHAM**

**DMT – Team (Men)**

**04 GBR**

**TUM – Women (23 entries)**

**01 Kathryn PEBERDY**

**08 Zoe MACLEAN**

**13 Julie CHEUNG**

**20 Donna MACLEAN**

**TUM – Team (Women)**

**02 GBR**

**TUM – Men (31 entries)**

**06 Robert PROCTOR**

**08 Damien WALTERS**

**20 Robert SMALL**

**23 Glenn SMITH**

**TUM – Team (Men)**

**02 GBR**

**TRA – Synchron (Women) 11 entries**

**02 Kirsten LAWTON / Claire WRIGHT**

**TRA – Synchron (Men) 15 entries**

**07 Gary SMITH / Gary SHORT**

**MEDALS:**

**01 x GOLD**

**03 x SILVER**

**03 x BRONZE**

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## NISSEN CUP RESULTS

**Boys – Individual**

1<sup>st</sup> Paul Noblett 39.3, 3<sup>rd</sup> Luke Rendell 36.2, 4<sup>th</sup> Michael Freeman 36.2, 5<sup>th</sup> Mathew Wright 35.7, 6<sup>th</sup> Chris Hall 35.6, 7<sup>th</sup> Andrew Freeman 35.2, 8<sup>th</sup> Jem Camble 35.1.

**Boys – Synchro**

1<sup>st</sup> Paul Noblett / Jem Camble 46.9, 2<sup>nd</sup> Andrew / Michael Freeman 45.4, 4<sup>th</sup> Luke Rendell / Chris Hall 14.1.

**Girls - Individual**

2<sup>nd</sup> Yasmin Gumbs 35.1, 6<sup>th</sup> Roxanne Milliner 32.8, 7<sup>th</sup> Caitlin Thomson 31.5.

**Girls – Synchro**

3<sup>rd</sup> Roxanne Milliner / Caitlin Thomson 42.0, 4<sup>th</sup> Hannah Davies / Yasmin Gumbs